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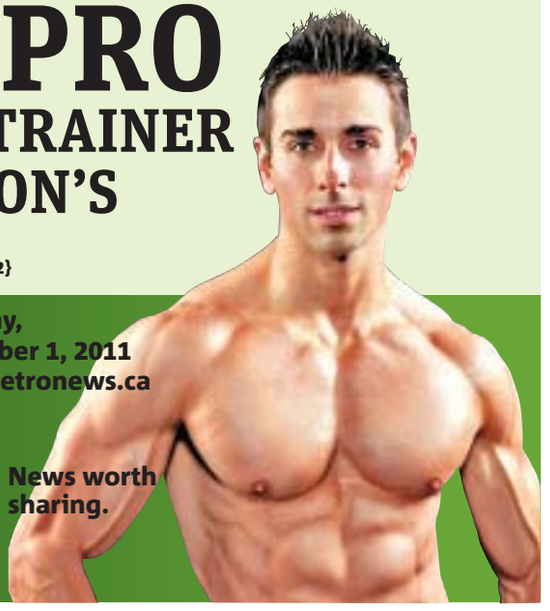
GO EAST, HANDSOME DAN
BAND'S NEW ALBUM BORN IN NEW BRUNSWICK {page 8}

FIT PRO
LOCAL TRAINER IS NATION'S BEST {page 2}



LONDON metro®
Thursday, September 1, 2011
www.metronews.ca
News worth sharing.

Smoke-free housing gets a lift

City banned smoking in public places, workplaces in 2003 ◗ Health unit planning to put housing on radar this year ◗ Non-Smokers' Rights Association is working at the grassroots level to rally support for the cause

ANGELA MULLINS
@METRONEWS.CA

The Middlesex-London Health Unit is getting ready to make a push for smoke-free apartment complexes.

It's a movement that has been picking up speed in Ontario and has been spearheaded largely by the Non-Smokers' Rights Association and the Ontario Coalition for Smoke-Free Housing.

The local effort — expected to hit the public eye this fall — comes as Drewlo Holdings swings the doors open on what it's billing as the first smoke-free complex in London.

Linda Stobo, program manager for chronic disease prevention and tobacco control at the health unit, worked with Drewlo on its development at 70 Capulet Lane.

Since no one at the provincial or local level keeps stats on smoke-free housing units, there's no way to know if Drewlo Holdings really is a pioneer in the Forest City. It is, however, the only one the Health Unit knows about.

"If there are other (smoke-free) units out there or other property management groups interested in (going smoke-free) … we encourage them to contact us," Stobo said.

But, she added, one thing is certain — demand is increasing for cleaner high-rise air.

"We have been talking to other property management groups that have been exploring (the idea of) transitioning (older properties) or making new developments smoke free."

The interest comes as people become more and more aware about dangers considered old news, like second-hand smoke, and something that's a bit newer on the cancer-causing list: The residue left over after smoke evaporates, called third-hand smoke.

Since cigarette smoke drifts through practically everything in an apartment complex — including light fixtures and electrical outlets — snubbing it out all together is the only way to keep people safe, Stobo said.

At the national level, the Non-Smokers' Rights Association has been pushing the idea of non-smoking complexes for several years and has written procedures for landlords to follow if they are making the move.

Then and now

- **55%** — The number of Middlesex County residents living in smoke-free homes in 2001
- **81%** — The number of Middlesex County residents living in smoke-free homes in 2007.

Source: Middlesex-London Health Unit

Frosh. Week

▶ Keenan McEachern is bombarded with helpfulness by Altagracia Diaz, left, and Carissa Gaitor, student ambassadors during orientation week activities at Fanshawe College yesterday.

MIKE ARSENAULT/FOR METRO

Welcoming students with open arms

Diaz and Gaitor provided McEachern — entering his first year in hotel management — with a campus map and a list of the activities offered to first-year students this week and next. We take a closer look at the impact of the student influx on London on page 3 in the first of a two-part report.

1 news

Fanshawe College has plans to ensure that the college is open and classes run if a strike occurs on Sept. 1. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

Former Newfoundland premier Brian Tobin says his son will 'pay the price' for role in DUI death. Video at metronews.ca

Follow us on Twitter @themetrolondon

Cats up for grabs with a donation

CHRISTOPHER FURLONG/GETTY IMAGES

The London Animal Care Centre is once again waving the $123.50 adoption fee for a spayed or neutered cat from now until Sept. 30. Cats are currently available for adoption for just the $12 licensing fee plus a donation.

The devastation from the tornado in Goderich has inspired organizers to request pet supplies from adopters as a donation that will go to support the Goderich Society for the Prevention of Cruelty to Animals. Contact the London Animal Care Centre at 519-685-1330. METRO

Heart. Stroke

▶ Employees of Voices.com pedal the Big Bike along King Street yesterday as part of a fundraiser for the Heart and Stroke Foundation.

ANGELA MULLINS/METRO

A Big Bike plus big hearts equals big bucks

Voices.com, an online marketplace that connects businesses with voice-over talent, was one of several local groups that hopped aboard the bike and pedalled a route of about three kilometres through the city. The Big Bike fundraiser has been making rounds in Canada since 1989. Since May, trips on the 30-seater have raised $217,000 for the Heart and Stroke Foundation's regional office in London. The office represents Middlesex and Elgin counties. To learn more, check out bigbike.ca.

Trainer fitter than the rest

Aric Sudicky was named the canfitpro fitness professional of the year for 2011 When not training clients, he works as a fitness model appearing in some top fitness publications

SUBMITTED

▶ Aric Sudicky

Those looking to shed a few pounds or achieve better cardiovascular health may be happy to know that, according to Canadian Fitness Professionals (canfitpro), London is home to the best personal trainer in the country.

Aric Sudicky was awarded the title of fitness professional of the year at a recent canfitpro conference in Toronto in front of thousands of his peers.

"Your managers or employers submit nominations in early spring — around March," Sudicky said. "(Canfitpro) takes in all the nominations and brings them in front of a panel and (narrows) it down to a top three. The top three are contacted and asked to come to the opening ceremonies of the yearly canfitpro conference where they announce the winner."

Sudicky believes his successes as a trainer are derived from his individualized approach to workout design — he is not a believer in one size fits all fitness.

"I've worked tirelessly for the past six years to be at the top of Canada's fitness industry."
ARIC SUDICKY, PERSONAL TRAINER

"It's customizing training programs to the clients," he said. "If you have a hockey player, you need to work on stability, endurance and explosiveness. If it's (an elderly person), they're just looking at longevity, not hurting themselves and maintaining their lean mass."

Sudicky is happy to have a positive impact on so many people's lives.

"It feels good that all of our hard work (at Medpoint) is getting recognized here," he said. "Medpoint is helping a heck of a lot of people — one success story at a time, we're turning a lot of heads. MIKE ARSENAULT

Smartcards en route to LTC?

FILE PHOTO

London Transit riders could soon be paying their way with a smart card.

The system would get rid of passes and transfers made out of paper and replace them with a card that users can swipe when they get on the bus.

The card will also be time-sensitive so it can keep track of transfers and monthly passes as well.

LTC general manager Larry Ducharme said the proposal would be made at a meeting last night.

"It really brings us into the forefront in terms of media options, in terms of how our customers pay for the service, and the convenience associated with acquiring those fares," he said.

The LTC's 2012 budget, which was to be voted on last night, also includes a plan for hybrid buses.
AM980/AM980.CA

News in brief

Cyclist medal haul honoured

The Forest City Velodrome hosted recent medal winners at the Canadian national track cycling championships last Wednesday, honouring the 46-medal haul for Ontario at the championships in August. Many of the athletes trained through the velodrome's youth program. METRO

KATIE NAUS/METRO

VOTE LABATT PARK BASEBALL.CA

Taming your frosh fears

Back to school

ANGELA MULLINS
@METRONEWS.CA

ANGELA MULLINS/METRO

▶ Ryan Durgy

College isn't all fun and games.

As thousands of Fanshawe and UWO froshes are about to find out, moving away from home can be a hot mess.

There's groceries, roommates, bills and — while most aren't likely to admit it — the emotional strain of cutting some ties with mom and dad.

"Up until now, people have had a fairly regimented life," said Glenn Matthews, housing mediation officer for Western and Fanshawe. "Then suddenly that all changes … and there's all this freedom."

So what's an eager young adult to do? Become engaged.

If you ask Ryan Durgy, a second-year student at UWO, tapping into the world around you is paramount to survival.

"I can't stress it enough," Durgy, 19, said. "Don't be afraid to get involved."

When Durgy moved to London from Toronto last summer he put himself out there from the get-go, meeting new people and making the most of frosh week — or O-Week as it's called at Western.

But, it wasn't until several months later that he really found his niche by getting involved in charity work, clubs and campus radio. Being involved led Durgy to start rewd.ca, which features news from Western and other universities along with a few other popular tidbits, like University Hotties of the Week.

The idea behind the site, Durgy said, is connecting people with each other and with what's happening around campus.

Those kind of connections form a safety net that can help first year students with everything from filling their free time to finding information — like the best grocery store or the right bus route.

Goodie. Bags

▶ University of Western Ontario students prepare orientation week bags yesterday at the campus's University Community Centre. The bags are packed with all sorts of goodies, including T-shirts and information about the school.

ANGELA MULLINS/METRO

Getting ready for school

MIKE ARSENAULT/FOR METRO

▶ Server Jackie Beenackers poses outside of Molly Bloom's as the pub gets ready to welcome students back to London.

Approximately 45,000 college and university students will be living in the city once school starts According to the LEDC, they will add about $190 million to the local economy over the school year

STUDENTS HELP LOCAL ECONOMY

MIKE ARSENAULT
LONDON@METRONEWS.CA

Business owners throughout the Forest City may be rubbing their hands in anticipation of the thousands of potential customers ready to infiltrate London after Labour Day.

The return of a new school year is often a built-in surplus for many business' coffers.

"It's easy to notice when the students aren't here and when they're back — it's like black and white," said Jacqui Reeves, owner of Molly Bloom's.

"When they're not here, obviously our sales are not the same.

"We probably drop off 15 to 20 per cent or so. You notice it more in the midweek."

According to Peter White, president of the London Economic Development Corp. (LEDC), the amount of student spending from Western students is around $130 million throughout the school year.

"The (calculation) of the economic impact from Fanshawe — again we extrapolated it out based on the impact the students have there, but you're looking at an additional $55-$60 million," White said.

"Everybody in London benefits from it — the whole economy kicks into place when (the students) get back."
JACQUI REEVES
OWNER OF MOLLY BLOOM'S

Keep in mind that the LEDC estimates are for undergraduate students entering and leaving the economy each school year — graduate students further bump those numbers higher, but they reside in London on more of a full-time basis.

More on frosh week. Scan code for story.

Frosh — best/worst

We asked Londoners via social media what was the best/worst part of orientation week or frosh week. Here's what you told us:

- **@lexusoflondon:** The worst part of frosh week is the sunburn from spending the week outdoors on one of Canada's most beautiful campuses. #uwo"
- **@AditiBhar:** Meeting new people from all over the country (and the world!) #ldnont #uwo
- **@LeGiff:** The lack of decorum from young adults getting their first taste of freedom is awful. Fights, noise, drama and drunks.
- **@JAnthony98:** best is seeing old friends, meeting new ones and partying hard before classes #uwo
- **@parismeilleur:** The incredible programming put on by @western_usc! cc @westernu
- **@miss_janet_a:** worst is trying to drive thru dwntwn w/out running over drunk students … This wk is seconded only by StPattiesDay!

On Facebook:

- **Trevor Gavigan:** students moving back in (from the garbage man's point of view)
- **Darel Grant:** Parties…and more parties.
- **Katie Naus:** Traffic around the university

Fakes. Foiled

▶ They bear the proud logo of the NHL's newest team. Trouble is, they're fake.

RCMP/THE CANADIAN PRESS

These jerseys won't get ice time

Bogus NHL Winnipeg Jets jerseys have been stopped at the Canadian border. Mounties and Canada Border Service Agency officers seized a shipment of counterfeit jerseys bearing the newest NHL team's logo and shoulder flashes. Police estimate the retail value would have been about $12,000. No charges have been laid so far.

Even in death Jack boosts NDP

◗ New poll ties party with Tories ◗ Liberals trail far behind ◗ Pollster asks: Can NDP consolidate gains?

Jack Layton's untimely death has triggered another orange wave across the country, a new poll suggests.

The Canadian Press Harris-Decima survey pegs support for Layton's NDP at 33 per cent — tied with the ruling Conservatives and well ahead of the Liberals at 21 per cent.

That's almost a three-point gain for the New Democrats since the May 2 election, which vaulted the party into official Opposition status.

The Tories are down almost seven points, the Liberals are up two.

Harris-Decima chairman Allan Gregg said the NDP gain is most likely attributable to "the Jack effect." "The national outpouring of emotion we witnessed over Jack Layton's untimely death appears to have translated directly into increased support for the party he leaves behind," Gregg said.

Layton died Aug. 22 after a battle with an undisclosed form of cancer.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ NDP interim leader Nycole Turmel, left, greets mourners at Saturday's state funeral.

Deported twice, he's back — and busted

A fugitive who was deported from Canada twice, returned and appeared on the government's most-wanted list, has been arrested in Toronto.

Public Safety Minister Vic Toews said yesterday Wasford Uriah Steer was arrested Monday.

Steer, 39, was last deported to Jamaica in 2000.

Toews said it's not known when, where or how he returned to Canada, adding he could have used a fake passport.

"He could have come in under someone else's passport and could have been here the day after he left,'' Toews said in Regina.

"This guy's quite creative," he added.

Toews said Toronto police picked up Steer on other charges and then found he was wanted by the Canada Border Services Agency.

The agency said Steer, who has five known aliases, is in Canada illegally after he was convicted of various crimes, including possession of counterfeit money, assault causing bodily harm and assault with a weapon.

Toews acknowledged it's tough to keep people like Steer out of the country if they use fake travel documents.

Facial recognition software might be one possibility, he suggested.

THE CANADIAN PRESS

AARON VINCENT ELKAIM/THE CANADIAN PRESS FILE PHOTO

▶ Vic Toews, pictured, says tips received on the government's most-wanted website have been invaluable. "I'm extremely pleased," he says.

List of infamy

- Ottawa has expanded its online wanted list to include immigrants and refugees convicted of serious crimes here and who face deportation.
- The new wanted section started with 30 men and two women who came to Canada through the immigration and refugee system and have permanent resident status.

Trans woman sues city over arrest

A transgendered woman who claims police officers yanked her from her car at gunpoint and mocked her because of her sexual orientation is suing the City of Winnipeg.

Nikki Cox alleges the defendants breached her rights against unlawful and unjustified detention.

Cox, in her 30s, alleges officers with guns drawn forced her out of her car, pushed her to the ground, kneed her in the back and roughly handcuffed her.

Cox says she was released shortly after and offered an apology. Her statement of claim contains unproven allegations.

● JAMES TURNER, METRO WINNIPEG

Tobin's son sent to jail

Jack Tobin, described as a "good son" who made a serious mistake, was sentenced to jail yesterday for a drunken escapade that killed his best friend.

The 24-year-old son of former Newfoundland premier Brian Tobin was sentenced to three years and handed a seven-year ban on driving once his sentence expires for his role in the death of buddy Alex Zolpis. Tobin pleaded guilty in May to impaired driving causing death.

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

▶ Jack Tobin

School aide jailed in teen sex scandal

A high school office worker violated a position of trust when she became intimately involved with two 16-year-old boys and must spend two years in jail an Alberta judge has ruled.

Court heard Tanya Marie Cossette, 41, had sex on two occasions with one of the teens and exchanged sexually explicit phone texts with both.

She also provided them with gifts and smoked marijuana with them.

"We have someone old enough to know better who took advantage of two young people," Judge Eugene Creighton said.

Cossette also got two years probation.

THE CANADIAN PRESS

Sarkozy denies dirty cash claim

Book says French president accepted illegal cash for 2007 campaign
Sarkozy claims critics are lying

JACQUES BRINON/THE ASSOCIATED PRESS

▶ L'Oreal cosmetics heiress Liliane Bettencourt

French President Nicolas Sarkozy's office vigorously denied claims in a new book that he personally took undeclared campaign cash from the heiress to the L'Oreal cosmetics fortune five years ago — claims that come just as the race for next year's presidential elections is heating up.

Sarkozy's allies suggested the accusations are a campaign ploy against the unpopular president. Similar accusations first surfaced last year.

Still, questions about how Sarkozy financed his 2007 campaign could stain his likely bid for re-election in April and May. Critics have long deemed the conservative leader too cozy with the rich, criticism that carries particular sting now that the French economy is stalling and many of his supporters are disillusioned with his leadership.

The leader of France's main opposition party, Socialist Martine Aubry, called for a new investigation into whether Sarkozy received illegal campaign cash from Liliane Bettencourt, Europe's richest woman.

An accountant for Bettencourt said a year ago that she gave C50,000 ($72,000) in cash in 2007 to Sarkozy's party treasurer for the presidential campaign — well beyond the C4,600 legal limit on individual donations. The accusations came during a series of investigations into the heiress' finances.

THE ASSOCIATED PRESS

Sask. OKs whistle blower law

Civil servants in Saskatchewan who are concerned about wrongdoing in their workplace will no longer be able to go to the media or opposition politicians under a new law.

Known as the whistleblower protection law, the Public Interest Disclosure Act takes effect today and outlines how and where workers should report wrongdoing.

Public Service Commission Minister June Draude says it gives employees a place to go internally.

Draude says there aren't many reports of wrongdoing in the provincial government.

She adds there are consequences if an employee doesn't use this channel.

There is already similar legislation in Ontario, Manitoba and Nova Scotia.

THE ASSOCIATED PRESS

▶ John Hutt demonstrates how he cut off his toes at his home in Montrose, Colo.

WILLIAM WOODY/THE GRAND JUNCTION DAILY SENTINEL

LOGGER CUTS OFF TOES TO ESCAPE FROM FOREST

A 61-year-old retired logger feared he might die alone in a remote forest after his right foot was pinned under his six-ton trailer. With few choices, he used a 3-inch (7.6-centimetre) pocket knife to cut off all five toes to get free.

"It hurt so bad," Jon Hutt said, "I would cut for a while and then I had to rest."

Hutt then climbed into his semi tractor-trailer, his foot wrapped in a shirt, and began driving for help. Hutt's ordeal was first reported in the Grand Junction Daily Sentinel.

Hutt said authorities retrieved his severed toes and took them to the hospital, but doctors said the toes couldn't be re-attached because they were too badly mangled.

THE ASSOCIATED PRESS

Seeing. Red

▶ Tens of thousands of people pelted each other with 120 tons of ripe tomatoes in an annual battle that left the eastern Spanish town of Bunol awash in red pulp.

ALBERTO SAIZ/THE ASSOCIATED PRESS

Tomatoes here, there, everywhere!

A man throws tomato pulp during the annual "Tomatina" tomato fight fiesta in the village of Bunol, near Valencia, Spain, yesterday.
Bunol's town hall estimated more than 40,000 people, some from as far away as Japan and Australia, took up arms yesterday and pelted each other with 120 tons of ripe tomatoes in the yearly food fight that's now in its 66th year.

Boat captain retires

A tour boat captain who's spent 36 years ferrying passengers toward the base of Niagara Falls is retiring.

Capt. Malcolm Bunting, whose past passengers include Princess Diana and ex-president Jimmy Carter, called it quits yesterday.

THE CANADIAN PRESS

Council drops ban on Money for Nothing

Dire Straits song now 'may be acceptable'
Radio stations free to play 1985 hit again

A Canadian broadcast watchdog says its decision to deem a 1985 Dire Straits smash unfit for radio just ain't workin'.

The Canadian Broadcast Standards Council has tempered a ruling on Money For Nothing, which includes the word "faggot," saying that while the homophobic slur in the song is inappropriate, it must be taken in context and that individual radio stations can decide what listeners want to hear.

"(The council) is only saying that there may be circumstances in which even words designating unacceptably negative portrayal may be acceptable because of their contextual usage"

MARIO VEDDER/THE CANADIAN PRESS

▶ Mark Knopfler

states the decision, released yesterday.

So, what changed since the council made its original decision?

The song's writer, Mark Knopfler, has long maintained that he was writing from the perspective of a "bonehead" whom he observed in a hardware store watching MTV, reacting with disgust to the fledgling network's flamboyant rock stars.

The council simply hadn't taken such context into account when making its original decision, said the organization's national chair Ron Cohen. But with that information in hand, the majority of the council's panel felt the word was intended satirically and not in a hateful manner.

"(The context) wasn't as evident without the explanations that have been provided," Cohen said in a telephone interview.

THE CANADIAN PRESS

Sony. 3-D

▶ A model wears a 60,000 yen ($800) HMZ personal 3-D viewer at Sony headquarters in Tokyo yesterday.

ITSUO INOUYE/ASSOCIATED PRESS

Heads-up on display

Sony Corp. says it will start selling a head mounted display that provides a 3-D theatre of music videos, movies and games, targeting people who prefer solitary entertainment rather than sitting in front of a TV with family or friends.

Blockbuster closing doors on remaining stores

The remaining Blockbuster stores in Canada are to be closed.

The receiver in charge of the bankrupt movie rental company is seeking a court order to shut about 253 locations and wind down the business.

The receiver said the closure process should begin in the next few days, and existing gift cards and rewards programs will no longer be accepted.

THE CANADIAN PRESS

253

The number of Blockbuster locations that were still operating in Canada. Another 150 stores were closed in June.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 133.99 (12,768.70)	- 0.13¢ (102.10¢ US)

Oil	Natural gas 1,000 cu ft
- $0.09 ($88.81 US)	$3.82 US (- 0.7¢)

Gold $1,831.70 US (+ $1.90)

Hollywood facing downward trends

The good news for Hollywood: summer movie revenues are up worldwide as studios rebounded from a dismally slow start to the year.

The bad news: Domestically, revenues rose only a fraction compared to the previous year's, while actual movie attendance dropped for the fourth-straight year.

Taken together, the summers of 2010 and 2011 combined for the smallest

SUBMITTED

▶ Transformers: Dark of the Moon was a megahit this summer.

domestic audiences since the summers of 1997-98.

Since peaking at a modern high of 653 million tickets sold in summer 2002, domestic attendance has wavered generally downward, dipping to 551 million in summer 2010 and sliding again this summer to 543 million, according to projections from box-office tracker Hollywood.com.

One so-so summer can be an aberration, when the movies simply failed to grab fans. Two so-so summers in a row are a sign of the tough task studios face to keep butts in theatre seats at a time when audiences have more entertainment options than ever.

"One down summer you could lay at the doorstep of a lack of quality films, audience indifference, whatever. But more than one or two years becomes a trend," said Hollywood.com analyst Paul Dergarabedian.

THE ASSOCIATED PRESS

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UNIVERSITY 101: A COURSE OF MISDIRECTION

HE SAYS ...

JOHN MAZEROLLE
METRO

Another university year is beginning, so post-secondary students are about to learn important "life lessons" that will stay with them long after they've forgotten what Pi is (it's a number).

So that I might save you from the high cost of tuition, books, and 55 metric tonnes of Mr. Noodles, here they are:

Condoms are king: Welcome to university, the only organization that gets away with putting a prophylactic in its orientation kit. This would be less well received at, say, Microsoft. Nary a frosh week organizer will pass up the opportunity to offer you a free condom. "Hi, I'm the leader of the Fundamentalist Christian Fellowship," they'll say. "Would you like a Trojan?"

High school has not prepared you: Real university preparation courses would only upset parents, because they would have names like, "101 things to do with your surplus condoms" and "Beggars CAN be choosers: Getting the most from your local soup kitchen."

No one cares about you: In Grade 12, your teacher listened patiently as you explained your poor mark was because the exchange student, Olaf Gooberson, rejected your advances. In university, your professor will sympathize with you only in select circumstances, such as if you are actively dead. Even then, she'll expect a doctor's note.

Textbooks are not your friend: The average university textbook weighs more than the average student, and that weight is both physical and emotional. For many of you, this purchase will be the first time you've ever gone into a store with a big wad of money, paid for something that was still in its plastic wrap, and not felt good about it. Fortunately they're a good value because humans are genetically incapable of throwing away textbooks, which will live on as doorstops and window jams until you die.

Students are (very) amateur philosophers: Like a 10-year-old who learns a new swear word, many university students learn a few simple philosophical concepts and can't stop spouting them. For instance, you will hear "How do I know anything is real?" multiple times. If you hear anybody say that, slap them. If they complain, explain that the pain is not real, but rather a byproduct of humanity's inability to perceive time. Then hit them again. For me.

University is just another step: When I was graduating, choosing community college over university was seen by teachers as a career move only slightly better than holding up a convenience store. Between the hype and the price, university no doubt seems like the be-all and end-all. But it's not.

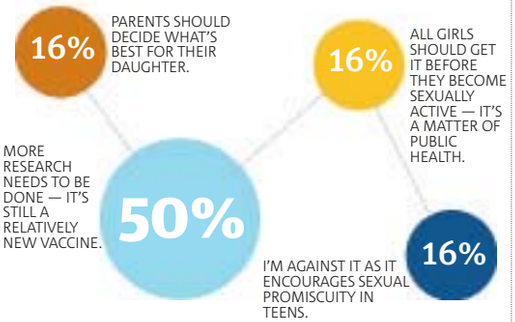
The important thing to remember is, no matter how you do, and no matter what happens over the next four years, you will never, ever run out of condoms, obsolete textbooks, or tired philosophical catchphrases.

Some people also collect memories and knowledge, if you're into that sort of thing.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

What are your thoughts on the HPV vaccine?


16%
PARENTS SHOULD DECIDE WHAT'S BEST FOR THEIR DAUGHTER.
16%
ALL GIRLS SHOULD GET IT BEFORE THEY BECOME SEXUALLY ACTIVE — IT'S A MATTER OF PUBLIC HEALTH.
MORE RESEARCH NEEDS TO BE DONE — IT'S STILL A RELATIVELY NEW VACCINE.
50%
I'M AGAINST IT AS IT ENCOURAGES SEXUAL PROMISCUITY IN TEENS.
16%

Local tweets

- **@julienodrink:** waiting for #td-canadatrust to come out with some wonderful promotion so i can switch over. #ldnont c'mon
- **@Jessica_Gray:** Man peeing in alley at Clarence and Dundas. Thinks he's being sneaky too... Doing his part to revive the dt core #ldnont
- **@DanniBoi1989:** #ldnont, #lndont Arthritis Awareness Month kicks off tomorrow! Be sure to like our Facebook Fan Page: on.fb.me/ArthritisMonth
- **@FoodDrunkLondon:** Just met tie domi! Nice guy! #ldnont
- **@BresciaSophs:** Don't be decieved by the long bus pass pick up, it's moving pretty quick! #uwo
- **@teamRewd:** Kings University College on #uwo's campus is still looking for two female RA's. Contact kingsres@ uwo.ca if you're interested! #ldnont
- **@bradiehedges:** Last day of work- I never thought I'd see the day :) must mean its almost WESTERN timeee! #UWO
- **@magdaolympia:** #uwo a true #partyschool, organizing a late night bus shuttle service to take our drunk asses home every weekend post bar #mustangexpress

Worth Mentioning

MARTIN LUTHER KING JR. Poet Maya Angelou says the way a quote from Martin Luther King Jr. was paraphrased on his new memorial in Washington makes the civil rights leader sound like an "arrogant twit."

Angelou, who consulted on the memorial, told The Washington Post that the shortened version sounds egotistical and should be changed.

The phrase is from a speech shortly before King's assassination in 1968 in which he talked about how people should remember him.

In the original, King starts by saying, "If you want to say that I was a drum major, say that I was a drum major for justice," King told the congregation. "Say that I was a drum major for peace. I was a drum major for righteousness. And all of the other shallow things will not matter."

All that is condensed on King's memorial as "I was a drum major for justice, peace and righteousness."

"The 'if' clause that is left out is salient. Leaving it out changes the meaning completely," Angelou told The Washington Post. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder

WEIRD NEWS

Dalhousie prof quits over lack of parking

Frustrated with the "ridiculous" lack of parking on campus, a Dalhousie University professor has quit his job.

Dan Middlemiss, an expert in Canadian defence policy and professor in the political science department, said he decided to leave his job of 30 years because he had to arrive on campus hours before his first class to snag a spot in oversold lots.

"It's just silly. It's been 30 years of frustration," said Middlemiss, adding he made his final decision Monday after waiting hours in line to buy a parking pass only to be told he would have to come back the next day.

He said he always had to drive from home in Lower Sackville at around 7 a.m. to secure a parking spot for his 2:30 p.m. class.

There are just 2,000 parking spaces on the Halifax campus for 17,000 students and 3,000 employees, a predicament Middlemiss called "ridiculous."

Last year, the university oversold the number of parking passes by 65 per cent. But this year it aims to oversell by only 30 per cent. At the same time, the university has turned 184 general parking spots into reserved spots. **TORSTAR NEWS SERVICE**

metro
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2 scene

Handsome Dan had a plan

Group travelled to New Brunswick to practice, arrange and record full-length album

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON

When the time came for Handsome Dan and his Gallimaufry to record a new album, the band packed up its gear and squeezed into a minivan for a long drive to Sackville, N.B.

All six members of the London-based band booked time off work and said farewell to loved ones for a month, heading east to practice, arrange and record a full-length album.

"I like that we had a set amount of time," says Daniel Mancini, the band's frontman. "With a deadline, you have to come up with something, and I like that focus."

Handsome Dan and His Gallimaufry moved into bandmember Kevin Brasier's home for the month of May, flying out local sound engineer Simon Larochette to record and produce the record.

"We felt like it would be more fun, that we could get something unique," says Blair Whatmore.

For the band, including three guitarists (Sam Shelstad, Blair Whatmore and Mancini), Andrew James on drums, Brasier on keys and Jake Szuminski on bass, arranging the album involved compromise and a mutual respect. Starting with demos Mancini had recorded in his London apartment, Handsome Dan and His Gallimaufry blended six distinct musical identities to create a thoughtful, layered record.

"Everyone has an idea of how they want the song to go, but no one gets attached to their way of imagining it," says Szuminski.

"I sometimes think it is a catastrophe when it doesn't immediately go the way I heard it in my head," Whatmore says. "But the next day I hear it with hindsight, and know it is exactly the way it should be."

"You have to be able to give up your original idea, if the rest of the band thinks it might not work. It's the ability to compromise," Mancini adds.

On Saturday the band will celebrate the fruits of their labour with the release of its latest record, The Best There Was, at Aeolian Hall with Olenka and the Autumn Lovers, fresh from a month-long tour to Vancouver.

"The writing, the arranging, the recording, the album artwork, has all been something greater than our last album — like a step forward," Mancini says. "So it makes sense that we would try to make the release show a bigger deal. At the Aeolian, and with an attentive audience, we want to perform our best."

Doors are at 8 p.m. and tickets are $15, $10 for students, available at Grooves and Aeolian Hall.

CONTRIBUTED

▶ Handsome Dan and his Gallimaufry.

Generations of vision

London 8, a collective of local painters, debut their work at The Arts Project tonight at 7 p.m. The multi-generational group's exhibition will involve a variety of textures, styles and subject matter, all in the paint medium. The exhibit will run until Sept. 10.

The Last Hurrah

APK Live is hosting an end of summer bash Friday night; featuring a performance by local band All the Trendy Kids and a DJ set by A Person Disguised as People.

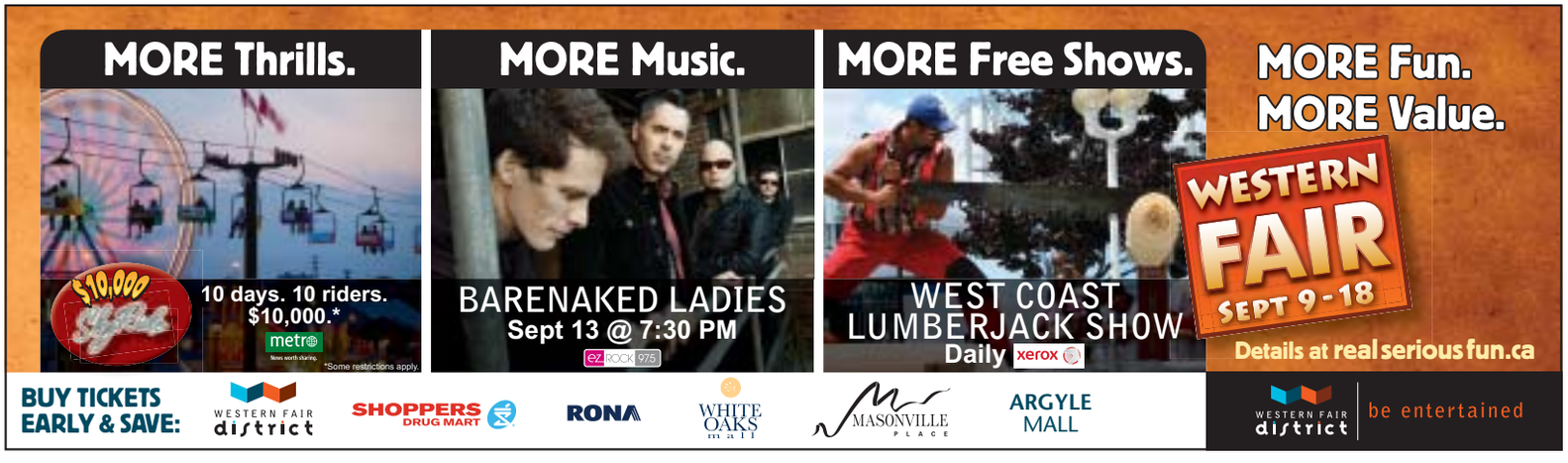
The '90s-themed party starts at 10 p.m.

News in brief

New Kids on the Block member Jordan Knight will be one of the judges on the new CBC-TV reality show Cover Me Canada. The competition features musical acts performing classic Canadian songs.

THE CANADIAN PRESS

Fright Night stars bummed over poor U.S. showing, hope for European success



A love rekindling for Biel and Timberlake?

Former flames spotted dining and enjoying a leisurely bike ride in Toronto

ALL PHOTOS GETTY IMAGES

▶ Rumours are stirring that Timberlake and Jessica Biel may not be over for good.

Jessica Biel and Justin Timberlake put an end to their relationship back in March, but now there's speculation that their breakup might not stick, according to Hollyscoop.

Biel and Timberlake were spotted recently sharing brunch and a leisurely bike ride in Toronto, where Biel is currently filming.

"They were in good spirits," an eyewitness says. "They seemed happy. They had brunch together. They were talking. They enjoyed their food. They had a nice time."

But even if the pair are rekindling their flame, don't expect Timberlake to get too talkative about it.

"In my 30 years, she is the most special person," he told Vanity Fair in June.

"I don't want to say much more, because I have to protect things that are dear to me — for instance, her." METRO

Celebrity tweets

@samantharonson

"If writing on rocks and throwing them at people counts.... I'm totally down with fighing with words."

@jimmyfallon

"Beyonce & Jay-Z are expecting a baby. Man, that kid is gonna have everything! Except a last name."

@iamwill

"How do we get america back up to speed again???"

@joelmchale

"Fact: 90% of all men in the U.S. driving convertibles are real estate agents."

Biebs' first crash

Justin Bieber reached another milestone — first fender-bender.

The 17-year-old singer's black Ferrari reportedly collided with a Honda Civic in an underground parking lot, according to reports in the L.A. Times.

The entertainer was reportedly behind the wheel at the time of the collision, according to reports.

No one was injured. METRO

Gossip Girl romance with DiCaprio gets 'Lively'

▶ Gossip Girl star Blake Lively

Actress Blake Lively made quite the hefty trek for a belated birthday dinner with her rumored boyfriend Leonardo DiCaprio.

Lively reportedly flew to Australia, where he's filming the Great Gatsby, reports Us Weekly.

Sources say the famous pair shared a romantic dinner in Sydney to toast Lively's 24th birthday.

It was a whirlwind trip, as the Gossip Girl star was back in New York Tueday. METRO

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3 life

Men's style

Men caring more about complexion

Achieving healthier, younger-looking skin without breaking the bank is no longer just a focus for women. Increasingly, men are looking for effective grooming and skin care products.

In fact, according to Stylesight.com, 84 per cent more men feel comfortable purchasing grooming products than did previous generations.

It's reported that men now spend an average of 22 minutes on their beauty regimen, closing in on the average woman's 29-minute regimen.

NEWS CANADA

Easy tips to shape up this season

Canadian fashion blog The Coveteur is taking a peek into the dressers, drawers, closets and safes of ladies and gents in the frontline of the fashion industry

Site brings style savvy out of the closet

A moniker marrying the words "covet" and "voyeur" seems fitting for a site offering glimpses into people's closets, but there's much more to homegrown fashion blog The Coveteur than a series of random snapshots.

The Canadian trio behind the buzzworthy blog is keen on capturing intimate portraits of personal style within a cosy, familiar environment typically beyond the glare of the spotlight.

Since launching this year, The Coveteur has won fans with its photographic profiles of the stylish private spaces of notable names, as well as those working behind the scenes in the fashion world.

"I think people are all voyeurs. Everyone wants behind-the-scenes access," said designer Erin Kleinberg, one of the founders.

"People are visual and they want to see imagery, and they want to see exclusive content, for sure."

Street style was a huge influence for Kleinberg and stylist Stephanie Mark, but both wanted to take the concept one step further.

Rather than strictly chronicling what people were wearing, they came up with the idea of adopting a more personal approach: going into individuals' homes to peruse and capture snapshots of the clothes, accessories and prized keepsakes adorning their closets.

"Once we started shooting, the element of environment really came into play then," Mark said. "We realized the environment was just as much about a person as their clothing... they kind of really complement each other."

"We realized the environment was just as much about a person as their clothing... they kind of really complement each other."

STEPHANIE MARK, STYLIST AND CO-FOUNDER OF THE COVETEUR

Rounding out the Toronto trio is photographer Jake Rosenberg. The team had previously collaborated on one of Kleinberg's lookbooks shot by Rosenberg and styled by Mark.

For someone accustomed to shooting fashion on figures, Rosenberg said the notion of capturing images of closets was an entirely new concept.

In certain cases, the process turned out to be a revelation of sorts for the subjects themselves, he noted.

"A lot of people say after we've gone through their closet, 'Oh my God, I totally forgot that I had all this stuff in there,'" Rosenberg said.

"It's always a fresh approach every single time we shoot because the space is totally different and the product is different," he added. "Every single time it tells a unique story and it works out great."

The Coveteur has embarked on a special collaboration with luxury retailer Holt Renfrew, including a lookbook showcasing fall designer footwear, a photo exhibit featuring the closets of resident tastemakers, and dedicated window installations at locations across the country.

Designer Jonathan Adler, Canadian philanthropist and style maven Suzanne Rogers and actress Kiernan Shipka (Sally Draper on Mad Men) are among those who have opened their homes — and closets — for The Coveteur treatment, which is featured online.

The Louboutin-filled shelves of reality star Khloe Kardashian were among the shots and profiles captured by The Coveteur team as part of another collaboration with Elle Magazine.

THE CANADIAN PRESS

JACK ROSENBERG/THECANADIANPRESS

▶ Stephanie Mark, left, says she and her Coveteur collaborators love profiling celebrities, but feel it's also important for them to focus on others within the industry such as make-up artists and hairstylists, who usually don't receive the same level of recognition.

JACK ROSENBERG/THECANADIANPRESS

▶ Reality star Khloe Kardashian, centre, is seen with Erin Kleinberg, left, and Stephanie Mark, right, as her closet is perused by the The Coveteur founders.

The site stats

Wondering how thecoveteur.com came to be?

- The Coveteur netted 20,000 hits the day it launched in January, and what initially started off as a fun passion project has evolved into a full-time commitment that sometimes involves travel to locations such as New York and Los Angeles.
- The site also features e-commerce, allowing users scrolling through the various images to shop the look they see featured in the closets.
- All of their subjects get to see the photos before they're posted and if individuals aren't comfortable, the images don't go up, said Mark.

That '70s style

For keeping track of this fall's decor trends, you might want your GPS handy
We're headed into the urban jungle, then off to the Great Continents
Designers have also set the Wayback Machine for the 1970s Here's a look at what's ahead

CB2/THE ASSOCIATED PRESS

▶ CB2's tread stoneware bowl is stamped with a tire tread motif.

CB2/THE ASSOCIATED PRESS

▶ CB2's Bingo Rug

METROPOLITAN CHIC
Designers are using city streets as both literal and figurative inspiration this fall, with pieces that have urban edge.

CB2's fall collection includes a stoneware bowl etched with a tire tread pattern and the Bingo rug, with a black, white and yellow graphic, which resembles city lights at night.

SILK ROAD STYLE
From Indian bazaars, African souks and Asian markets we're seeing a feast of colours, patterns and style elements. Watch for sequin embellishments and elephant and tiger motifs.

THE ASSOCIATED PRESS

DESIGN WITHIN REACH/THE ASSOCIATED PRESS

▶ Verner Panton's System 1-2-3 dining chair (Design Within Reach).

DESIGN WITHIN REACH/THE ASSOCIATED PRESS

▶ Verner Panton's Bar Boy bar cart (Design Within Reach).

THAT '70S SHOW
Design Within Reach has reproduced several of Danish-born Verner Panton's pieces, including the System 1-2-3 chair, a swivel-based, cantilevered ribbon of coolness, upholstered in orange or grey. There's a tufted lounge version in chocolate leather.

A BATHTUB IN THE BEDROOM — YAY OR NAY?

When listing 12 things she can't live without for ELLE's August decor issue, Gwyneth Paltrow included a fancy bathtub in the middle of her bedroom, without an ounce of irony.

Celeb journalists rolled their eyes like, "That's just Gwyneth being all Gwyneth." But in actuality, the bedroom bathtub has become very trendy in interior decor land. We weigh the pros and cons.

THINKSTOCK.COM

▶ The bed and bath situation in this photo is so 10 years ago.

PROS

When you're tired after a long day at work, you can literally roll right out of the bathtub and into the bed.

- When your eyes are still groggy from the night's sleep, you can literally roll right out of bed and into the bathtub.
- Those special date nights could be twice as fun.

CONS

Your bedroom will have that damp, yucky, steamy feeling.

- Um, hello, mildew?
- All that rolling out of bed and into the bath will make you lazy.
- You'll essentially be sleeping in the bathroom.

CREATURE COMFORTS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles the Butler, What kind of sheets should I buy for my master bed, how many do I need and how often do I need to change my bed sheets?
Diane B.

▶ Sweet dreams are made of these.

Dear Diane B.,

First, when you go shopping I don't want you to worry or stress about thread count.

Feel the sheets and remember the fabric has "sizing" (a combination of light glue and starch which makes them stiff so they look nice in the retail store), so you really need to buy one sheet, wash it and sleep with it.

Myself, I like sheets with "percale" in the summer — this is a closely woven smooth finish cotton.

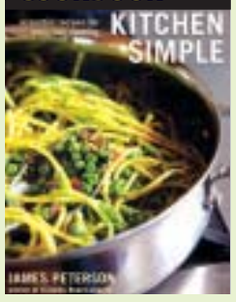
In the winter I love flannel sheets, and the best part of flannel for me is that they are warm on cold nights and don't need to be ironed!

Once you find a brand of sheets you like, you should have a minimum of two sets, and if budget allows a third. This way you have one set that is dirty, one on the bed and an emergency backup set for spills, dogs, kids, life etc.

And finally in a perfect world bed sheets should be changed weekly.

Remember the human body sweats a litre of liquid per night and the exfoliation of dead skin all accumulates in your bed and bacteria/mites love to feed on this. **HAVE A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA**

Weekly Cookbook



With Kitchen Simple: Essential Recipes for Everyday Cooking (Random House, 2011) James Peterson elevates routine, weekday fare into exciting culinary creations — proving that great food doesn't need to be complicated.

The book presents creative possibilities for weeknight meals, quick-and-easy breakfasts, impromptu dinner parties and inspired last-minute desserts.

More than 200 recipes such as Mexican-Style Gazpacho, Ricotta Ravioli, Clam Chowder, Roast Rack of Lamb, Cream Puffs, Stuffed Zucchini and more make up Kitchen Simple.

From everyday to elegant

These recipes for Warm Salad of Grilled Chicken Thighs and Figs and Zucchini Scapece Salad take side dishes from ordinary to extraordinary Try them with your next meal

Skinless chicken breasts have become the new cottage cheese — the ubiquitous base upon which weight-loss diets are built.

But it still doesn't register well on the old excitement meter. That's where chicken thighs come in.

Sure, they aren't as low in fat as breasts, but being skinless and by trimming all visible fat they become fairly low in fat. The other bonus — chicken thighs deliver a deeper, richer flavour than breast meat. Leaving the meat on the bone also adds flavour.

Plus, when bone-in, they're perfect for the grill and are hard to overcook since the dark meat remains moist.

BOTH PHOTOS: MATTHEW MEAD THE ASSOCIATED PRESS

▶ This recipe serves four.

Salad of Grilled Chicken Thighs, Figs & Parmigiano-Reggiano

Preparation:

1. In a large bowl, combine half each of the vinegar and rosemary. Season with salt and pepper. Add chicken and toss to coat. Cover and marinate at room temperature for 15 minutes or in refrigerator for up to 4 hours, turning chicken occasionally.
2. Place onions in a large bowl and add remaining red wine vinegar and a pinch of salt. Mix and set aside for 15 minutes to 1 hour, tossing occasionally.
3. Heat a grill or grill pan to medium-low. Place chicken thighs on grill and cook for 15 to 20 minutes or until nicely browned and cooked through, turning chicken halfway through grilling. Transfer chicken to a plate and sprinkle with basil. Set aside.
4. Add arugula, figs and remaining rosemary to onions and vinegar. Gently toss salad, then season with salt and pepper. Divide salad among 4 serving plates. Place chicken thigh halves around salad, then sprinkle salads with shaved Parmigiano-Reggiano.

THE ASSOCIATED PRESS/ ROCCO DISPIRITO

Ingredients:

- 60 ml (4 tbsp) red wine vinegar, divided
- 10 ml (2 tsp) chopped fresh rosemary, divided
- Salt and ground black pepper
- 8 bone-in, skinless chicken thighs, each cut into 2 pieces each (1 to 1.15 kg/ to 2 to 2 1/2 lb total)
- 125 ml (1/2 cup) thinly sliced red onion
- 5 ml (1 tsp) chopped fresh basil
- 2 ripe fresh figs, cut lengthwise into quarters
- 2 l (8 cups) loosely packed fresh arugula
- 30 g (1 oz) Parmigiano-Reggiano cheese, shaved

Zucchini Scapece Salad Preparation:

1. Dressing: a In small bowl, whisk together oil, honey, lemon zest and juice, garlic and fennel seeds. Season to taste with salt, pepper. Set aside.
2. Marinade: In a small bowl, combine vinegar, garlic and 1 ml (1/4 tsp) each of salt and pepper. Add mint and set aside.
3. In a skillet over medium-high, heat about 5 mm (1/4 inch) of olive oil until hot. Working in batches, fry zucchini slices in single layer Don't crowd the pan. Fry, turning slices often with a fork, for 7 minutes, until golden with specks of brown. As zucchini slices finish frying, transfer to marinade. Let marinate for at least 10 minutes.
4. To assemble, place arugula in large bowl. Remove zucchini slices from marinade and add to arugula. Drizzle with dressing, toss gently. Top with ricotta salata.

THE ASSOCIATED PRESS/ DONATELLA ARPAIA

▶ This recipe serves six.

Ingredients:

Dressing

- 50 ml (1/4 cup) olive oil
- 5 ml (1 tsp) honey
- Zest and juice of 1 lemon
- 1 clove garlic, diced
- 30 ml (2 tbsp) toasted fennel seeds
- Salt and black pepper

Marinade

- 175 ml (3/4 cup) red wine vinegar
- 3 large cloves garlic, finely chopped
- Kosher salt and ground black pepper
- 30 fresh mint leaves, finely sliced

Zucchini

- Olive oil, for frying
- 3 to 4 medium zucchini, sliced diagonally into 5-mm (1/4-inch) rounds
- 1.5 l (6 cups) arugula
- 50 ml (1/4 cup) shaved ricotta salata

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Pospisil keeps Canada's U.S. Open hopes alive

Vasek Pospisil is starting to feel like he belongs among the world's top tennis players.

The native of Vernon, B.C., won the first Grand Slam match of his career yesterday by crushing Lukas Rosol 6-1, 6-2, 6-1 to reach the second round of the U.S. Open.

Pospisil needed just 82 minutes to dispatch the Czech after converting on seven of 13 break point chances.

"This is my second slam, so I'm still new to the scene," he said. "It takes a little bit of getting comfortable with these guys.

"In the past maybe it wasn't like that for me. But that is changing fast. I feel like I belong out there."

He'll face No. 25 seed Feliciano Lopez in the second round. The Spaniard was a quarter-finalist at Wimbledon in July.

"He will be tough, they're all tough at this level," said Pospisil, who is ranked 143rd in the world. "But I've been playing well for the last couple of months so I'm looking forward to it. I'm confident."

The 21-year-old is coming off a win over Argentine Juan Chela at the Rogers Cup earlier this month. He exited the Montreal tournament with a second-round loss to Roger Federer.

Against Rosol yesterday, Popisil piled on 13 aces and 13 winners. The Canadian also fended off six break points.

"It was tight at the start but I returned well," he said. "That might have gotten to him — he saw a lot of his serves coming back. I was serving well and putting more pressure on him and trying to break him down.

"I was really feeling my returns today. When I can serve and return well, I can really pressure opponents."

Pospisil is the lone Canadian singles player left in the tournament. **THE CANADIAN PRESS**

DAVE SANDFORD/GETTY IMAGES

▶ Wade Belak was found dead yesterday. He was 35.

'We've lost a lot in the last three months'

NHL left reeling after Wade Belak found dead, the third player to die since May ◐ League had already lost Derek Boogaard and Rick Rypien

The NHL is mourning the loss of yet another tough guy after Wade Belak was found dead yesterday in Toronto.

The 35-year-old became the third enforcer to die since May and second in just over two weeks.

New York Rangers forward Derek Boogaard died in mid-May while Rick Rypien of the Winnipeg Jets was found dead Aug. 15.

"As everyone knows there have been some real losses that we've experienced over the years, but it never seemed like there was three in a row like this," said Pat Quinn, who coached Belak when he played in Toronto. "Anybody that's around this game, you feel like it's part of your big family, and that includes the fans and all the people that support these players and get to know them. We've lost a lot in the last three months."

"You don't replace it. You just hope the ones that are left behind can live through it and be all right."

Specific details of Belak's death were not immediately available, but Toronto police confirmed they were called to a downtown hotel and condo complex in the early afternoon and are still investigating.

Craig Button, who was the general manager of the Calgary Flames when Belak played there early in his career, can't remember a more tragic time for the NHL.

"We're talking about such a short period of time," he said. "It's not only about the deaths, it's the deaths that surround similar type players. ... It's not just getting hit in the head, it's everything that goes with that (enforcer) role."

Belak spent the past three seasons with the Predators prior to retiring over the summer. He was scheduled to work on Nashville's television broadcasts this coming year.

Belak was in Toronto to film the latest season of the CBC show "Battle of the Blades," and had been doing promotional events within the last week.

He was scheduled to appear on TSN Radio with Bryan Hayes yesterday afternoon but when the cab arrived to pick him up to take him to the interview, Belak didn't show up.

"We just figured that he forgot or he had something else come up and in radio we had to move on," Hayes told CP24. "To think that the reason he didn't show up was because he had passed away is pretty crazy." **THE CANADIAN PRESS**

Hargreaves headed to Manchester City

MICHAEL REGAN/GETTY IMAGES

▶ Owen Hargreaves

Manchester City made Owen Hargreaves the most unexpected signing of the summer transfer window when the injury-plagued midfielder joined on a one-year deal.

The Canadian-born Hargreaves was released by English champion Manchester United at the end of last season after failing to complete a match in three years because of knee, shoulder and hamstring trouble.

However, the 30-year-old former England midfielder has proved his fitness to City, where he will likely be a backup to Netherlands international Nigel de Jong in the big-spending club's star-studded squad.

Hargreaves, who was born in Calgary, is City manager Roberto Mancini's sixth summer signing — and could be a shrewd one if he manages to avoid any more injuries that have derailed a career that peaked during the 2006 World Cup when he was arguably England's best performer in Germany. **THE ASSOCIATED PRESS**

4 sports

Quoted

"I enjoyed playing my first match here, and wish I could continue but right now I am unable to. I am thankful I finally have a diagnosis and am now focused on getting better and returning to the court soon."

VENUS WILLIAMS. WILLIAMS SAYS SHE HAS BEEN DIAGNOSED WITH AN AUTOIMMUNE DISEASE THAT CAUSES FATIGUE AND JOINT PAIN AND HAS FORCED HER TO WITHDRAW FROM THE U.S. OPEN.

Argos miss traditional Labour Day battle

For first time since 1995, Toronto and Hamilton won't start September with a showdown

Like the rest of his Argonauts teammates, Byron Parker will be spending Labour Day enjoying a rare day off.

But all things considered, he'd rather be cracking heads with the Hamilton Tiger-Cats at Ivor Wynne Stadium, just as he has done each of the six Labour Days he's spent in an Argo uniform.

"I wish we were going to Hamilton," the veteran cornerback said yesterday. "I'm not even going to try to lie to you. I don't know who made the schedule but I think they did the league a disservice by not having the Hamilton-Toronto Labour Day Classic.

"It's something everybody looks forward to, the fans and the players."

Due to what the Canadian Football League and the Argos have called scheduling conflicts, it will be the Montreal Alouettes in Hamilton on Monday – the first time since 1995 that anyone other than the hated Argos have filled the Ticats' Labour Day dance card.

Instead of watching a heated rivalry that dates back more than 60 years, Argo fans will have to settle for the second annual Braley Bowl Friday night as the B.C. Lions invade the Rogers Centre for the battle between the two teams owned by David Braley.

RICK EGLINTON/TORSTAR NEWS SERVICE

"We know our fans like (the Labour Day classic) and the players certainly do, but there was almost no room for flexibility"
ARGO PRESIDENT BOB NICHOLSON

"Obviously, if you had your druthers we'd wish we were playing on Monday against Hamilton," said Argo head coach Jim Barker. "But the schedule didn't work out that way."

The circumstances involve the Toronto Blue Jays, who get first choice of dates at the Rogers Centre, and the rock band U2.

The Jays had already claimed two weekends in July and August. Add in a U2 concert in mid-July and the Argos were left with one possible date during the CFL's opening month and two in August.

That meant playing their first three games and five of their first seven on the road. Going to Hamilton on Labour Day would have meant spending six of the first nine games away from home, so the Argos opted to stay home and host B.C.

"It would have meant being on the road five weeks in a row or being at home four weeks in a row," Argo president Bob Nicholson said. "From a competitive point of view and from a marketing point of view, you want to spread the games around a bit."

The entire schedule has been a bit of nightmare for the Argos this season.

After winning the opener in Calgary, they lost six in a row, four of them on the road. While the players refuse to use it as an excuse, they admit all that travel took its toll.

That's not surprising, considering the Argos logged 9,400 kilometres in the first three weeks of the season.

"I don't think fans and people on the outside looking in really understand how much travelling wears on the body, especially when you're going from time zone to time zone," said defensive tackle Kevin Huntley. TORSTAR NEWS SERVICE

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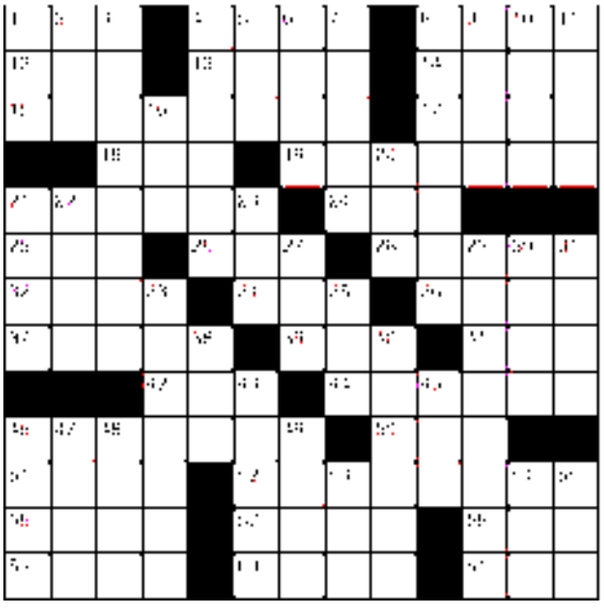
Crossword



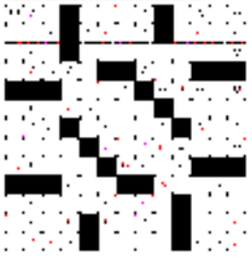
Across

1 Tear
4 Radar screen spot
8 Speaker of baseball lore
12 Commotion
13 Righthand person
14 Abhor
15 Short cannon
17 Hibernia
18 Stolen
19 NASA or NATO
21 Mercury or Saturn
24 Yon maiden
25 No longer stylish
26 Uncivilized
28 Bushel fourths
32 Old card game
34 Auction action
36 Stereo alternative
37 "Give me liberty ..." speaker
39 Pistol
41 Triumphed
42 Pick a target
44 Fourscore
46 Old Glory features
50 PBS funding org.
51 Hula —
52 Wall Street partnership
56 Troubles
57 Neighborhood
58 Rotation duration
59 Sheltered
60 Reply to "Shall we?"
61 Baltimore newspaper

Down

1 "Go, team!"
2 Altar affirmative
3 Father of Pocahontas
4 Pancake makeup?
5 Claiborne of fashion
6 Concept
7 Roost
8 Mathematical proposition
9 Reason for a tarpaulin
10 Macy Gray hit
11 Appear
16 Charged bit
20 Agt.
21 Luxurious
22 Skywalker of sci-fi
23 Bill
27 Peruke
29 Ranch staff
30 Entanglement
31 Mitsubishi competitor
33 Walk
35 Payable
38 Shrill bark
40 Black-clad mercenaries
43 Olympics award
45 Bygone compact car
46 Actor LaBeouf
47 Turnpike payment
48 Characterization
49 Aching
53 Drenched
54 Water (Fr.)
55 Thesaurus wd.

▶ Yesterday's answer



Sudoku

7				1				6
3		6		8		4		1
		9	2		7	5		
5								9
			1		3			
1								2
		5	6		8	3		
6		1		3		9		8
9				4				7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	3	5	8	4	7	1
3	4	8	1	6	7	2	5	9
5	1	7	2	4	9	6	8	3
7	3	4	8	1	5	9	2	6
1	6	5	4	9	2	8	3	7
8	2	9	6	7	3	1	4	5
4	7	3	9	2	6	5	1	8
2	5	6	7	8	1	3	9	4
9	8	1	5	3	4	7	6	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

MJ, I was there, you weren't ... I will move on with my life here now and I won't be back ever again...Good bye **TS**

Matthous Lil beeb: I never would've thought I'd find the perfect man. I always thought the good ones were taken until I met you! I love you more then anything in this world babe. Four amazing years together with more to come! Love you sweetie xox **PUFF MUFF**

Moon, Our love is deep n cosmic. Remember even though I am not with you physically, I can feel you 24/7 hon (seriously). So don't feel lonely, I am with all the time. I have been praying for you. Always loved you, always will. I have left my heart with you. Take care of it and look after yourself please. Sending my love **FROM LOVE YOU ALWAYS N FOREVER**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The planets are urging you to slow down and stop trying to be first past the post in everything you do.

♉ Taurus April 21-May 21 Be on your guard whe dealing with people who have mysterious motives.

♊ Gemini May 22-June 21 If someone tells you there is something you cannot have, go out of your way to get your hands on it

♋ Cancer June 22-July 22 You may not be under pressure at work right now but don't use that as an excuse to lower your standards.

♌ Leo July 23-Aug.23 Don't be surprised if people you thought were on your side pick at what you do over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 You're not the kind to give up on something because it's not easy. Good. You're close to a breakthrough.

♎ Libra Sept. 23-Oct. 23 Something you thought you understood now baffles you. Focus on something else. The answer will come.

♏ Scorpio Oct. 24-Nov. 22 Don't let irritating people get to you. It will make them happy.

♐ Sagittarius Nov. 23-Dec. 21 Your emotions could easily sweep you away over the next day.

♑ Capricorn Dec. 22-Jan. 20 A family problem doesn't seem quite so important now but the underlying conflict hasn't gone away.

♒ Aquarius Jan. 21-Feb. 18 Have you taken on too much? Just find ways to save energy and time — but keep moving forward.

♓ Pisces Feb. 19-March 20. You'll find yourself in a situation where you have to make an effort not to panic. SALLY BROMPTON

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Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had immigrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits.

"Before the seminar, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA* card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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With the support of Scotiabank's Isa Ho, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.

Amrit Dhawan
Scotia advisor

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